



# Public speaking

Référence :  
**CDV.35**

Durée conseillée :

**3 jours**

Tarif en inter-entreprise :

[nous contacter](#)

Tarif en intra-entreprise :

**1475 € HT/ jour / groupe**

<https://www.cnfce.com/formation-public-speaking>

## Formation Public speaking : prise de parole en public en anglais

**Public speaking** is a difficult task requiring numerous skills and personal assets (charisma, confidence, control of one's emotions etc.). But don't worry ! Everything can be learned. Our 3 days long **training session in public speaking** aims at giving your personnel the keys to manage stress, increase confidence and first and foremost become effective speakers.

### Objectifs pédagogiques

- Develop consciences of our nonverbal impact during our communication with others
- Learning tricks used by politicians and theater actors to control stress, voice projection, amelioration of your presence in public speaking.
- Developing your natural talent to convince and bring the public on your side
- Increasing your confidence in general outside of speaking in public

### Programme

#### Components of oral expression

- Verbal and non-verbal behavior
- Expressing yourself with the appropriate gestures
- Body dynamics in space

- Training of breath control from the stomach
- Coordination of voice and body

## **Stress Management**

- Familiarize yourself with your own emotions
- Release yourself from the tension and the comprehension related to the stress
- To limit the pressure of the moment and to find pleasurable experience

## **Acquisition and control of an effective oral communication**

- 10 principles to make your public intervention a success
- To discover your hidden talents as a speaker for future use when needed

## **Rules for producing a coherent and positive speech**

- Construction of your speech, language and expressions
- To convince and bring the public on your side : practical methods

Programme daté du 08/09/2021



## **Public & prérequis**

### **Public cible**

Manager

### **Pré-requis**

Participants must prepare their own presentation for the kick off



## **Méthodes pédagogiques**

- Actual role playing situations of public speaking
- Filmed exercises Public speaking
- Theater and improvisation pedagogies
- Mimes
- Individual Coaching on your talents, limited beliefs, blockings, your fears

## Évaluation des acquis en fin de formation

